



VT MUNCH TIMES

Coming to a Tray near You!

VT Munch Times is a biweekly newsletter brought to you by the Child Nutrition Team at Vermont Agency of Education, designed to include a USDA Policy update, a fun nutrition fact and up-to-date resources for the coming weeks. Look for these updates every other Thursday!

Munch on this:

Policy Update: December 1st Verification Report

If you haven't already, be sure to report your SU's Verification results ASAP:

<https://creator.zoho.com/nancylewis/child-nutrition-vermont-verification-2013-2014#Form:December>

For more information, visit our website: <http://education.vermont.gov/nutrition/school-nutrition/eligibility-information>

This is your 3rd and *final* report for Verification for this School Year!

Nutrition News: Citrus Fruit

An old holiday tradition, getting an orange for Christmas used to be an incredible treat, like a juicy burst of sunshine in the darkest time of the year. Expensive, imported, delicious, and rare, receiving a citrus fruit in your stocking was just about as big of a deal as getting the newest iPhone! Citrus is full of vitamins and minerals, especially C, folate, and potassium, and also contains free-radical fighting phytochemicals and anti-oxidants (that have been shown to reduce risk of cancer and heart disease).

Resources:

USDA Foods Further Processing Trainings and Vermont's first-ever USDA Foods Show

The USDA Foods Program will allow schools and recipient agencies who attend one of the following trainings to divert some of their USDA Foods for further processing next year.

Brattleboro: January 7, 2014, 3:30 pm - 5:30 pm, Brattleboro High School

Newport: January 8, 2014, 3:00 pm - 5:00 pm, North Country Tech Center

Rutland: January 9, 2013, 3:00 pm - 5:00 pm, Stafford Technical Center

Bristol: January 13, 2014, 3:00 pm - 5:00 pm, Mt. Abraham Union Middle/High School

Montpelier: January 23, 2014, 1:00 pm - 3:00 pm, Capitol Plaza Hotel (followed by the USDA Foods Show, from 3:00 – 5:00 pm)

After the January 23 further processing class in Montpelier, we will be holding Vermont's first-ever USDA Foods Show, where food service managers can see and sample lots of different products that they could get with USDA Foods entitlement dollars through further processing, and vote on which manufacturers they want us to work with next year. In addition, they'll be able to sample new USDA Foods direct delivery ("brown box") products, and get more information on USDA Foods options for next year.

To learn more and to sign up for these trainings and/or the USDA Foods show, please click [here](#).

New School Cuisine Cookbook

Our latest resource to help schools meet the new USDA meals pattern and use fresh and local products in school meals.

Available online! http://education.vermont.gov/documents/EDU-New_School_Cuisine_Cookbook.pdf

Serving Up a School Culture of Health, Wellness, and Nutrition

Promising Practices that provide lessons learned and recommendations for how to create a school culture that values the important role healthy food, nutrition education and physical activity play in education.

http://education.vermont.gov/documents/EDU-School_Nutrition_Serving_Up_School_Culture.pdf

Food Allergies Resource and Guidance

The CDC published a comprehensive manual on "Voluntary Guidelines to Manage Food Allergies in Schools and Early Childhood Care and Education Programs" and can be found at <http://www.cdc.gov/healthyyouth/foodallergies/>. It provides excellent information on procedures and practices to manage food allergies in programs that service children.

Follow us on Twitter: https://twitter.com/VTED_Nutrition

Harvest of the Month by [Green Mountain Farm-to-School](#) and [Food Connects](#):

December's *Harvest of the Month* is winter squash! Winter squash is true to its name: it stores well throughout the winter. The flesh of these fruits is yellow-orange, with variations in taste and texture. Purée it for a scrumptious soup or roast it with a sprinkle of cinnamon. Posters, recipes, kid-friendly eating tips, lesson plans and more can be found for FREE download at www.VermontHarvestoftheMonth.org. Last month's HOM, kale, was a huge success in school cafeterias throughout the state. We taste tested kale parmesan salad, kale pesto and kale chips!

Evaluate your Farm to School Program!

The Farm to School Evaluation Toolkit, created by the [Colorado Farm to School Task Force](#) and [Spark Policy Institute](#), is a resource to help farm to school programs of all sizes, in all states, undertake evaluation. <http://coloradofarmtoschool.org/schools/evaluation/>

Disclaimer: *VT Munch Times* provides general information to assist Vermont sponsors of the U.S. Department of Agriculture (USDA) Child Nutrition Programs. It does not represent all federal and state requirements and regulations regarding the operation of USDA school nutrition programs. The inclusion of links to external Web sites does not constitute an endorsement by the Vermont State Agency of Education to the information, products, services or opinions contained therein

VT Munch Times is [archived](#) on the Agency of Education website. For information which is three months or older, or for other questions, please contact Dani Bois, Child Nutrition Consultant, at (802) 828-0618 or dani.bois@state.vt.us.

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